



Water Aerobics

Session I Fall Classes 2019



Classes use a combination of Deep & Shallow water exercise

Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Chris Kostek and Christie Bourque bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class and Christie teaches our Tuesday and Thursday evening classes.

MORNING CLASS Mondays, Wednesdays & Fridays 7:00 - 7:40 am

September 6 - November 18 (30 classes)
(No Class October 14, November 11)

Fee: \$47 / \$70 / \$80
(Walk in fee: \$5 / \$6 / \$7)

Fees listed in the order of AFC Member / Resident / Non-Resident

EVENING CLASSES Tuesdays or Thursdays 6:00 - 7:00 pm

Tuesdays: September 3 - November 5 (10 classes)

Thursday: September 12 - November 21 (10 classes)
(No Class September 19)

Fee: \$30/ \$45 / \$55
(Walk in fee: \$5 / \$6 / \$7)

Fees listed in the order of AFC Member / Resident / Non-Resident

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062
Mon-Fri 4:00-7:00 pm, Sat 10:00 am-5:00 pm and Sun 11:00 am-4:30 pm
413-587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, Florence, MA 01062
Mon-Fri 8:30 am-4:30 pm
413-587-1040

www.northamptonma.gov/recreation



REGISTRATION FORM ON REVERSE SIDE

Updated 8/9/2019

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?
Yes ☐ No ☐

PARTICIPANT'S FULL NAME: _____

Gender _____

Current Grade _____ (Fall 2019)

Date of Birth _____ School _____

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	Special Considerations/Comments (Use back if necessary)
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	
	Non-Res Adult Family Senior Youth			

Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TOTAL AMOUNT DUE \$

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton.

I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Charge my VISA ___ Master Card ___ Discover ___ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____ Cash _____ Check # _____ Credit _____ Date _____ RT Date _____ Staff _____